

Let us nurture you...

In recognition of National Family Caregiver's Month

4th Annual

Give Care, Take Care:

Care For Others by Caring For Yourself

With Barbara Epstein, M.A. & Michelle Buzgon, CPCC
Life Coaches



Thursday, November 16, 2006

9:30 am – 1:00 pm

Waterford at Fair Oaks

12025 Lee Jackson Memorial Highway, Fairfax, VA

Directions on Page 2

\$10.00*

includes a.m. snack and buffet lunch

**Scholarships available*



For more information and scholarships please

call: 703-324-5425 or TTY 703-449-1186



Sponsored by the Fairfax County Department of Family Services Fairfax Area Agency on Aging with funding from the National Family Caregiver Support Program through the Administration on Aging and the Virginia Department for the Aging.



Name: _____ Phone: _____

Address: _____

Email: _____

Will you need an accommodation? Please explain _____

RSVP with payment of \$10.00 by Friday, November 10, 2006

Make checks payable to: Fairfax AAA

Mail your check to: Fairfax Area Agency on Aging, Caregiver Day, 12011 Government Center Parkway, Ste. 708, Fairfax, VA 22035

From the Capital Beltway (I-495) and I-66 West: Take I-66 West to the Rte. 50 West (Exit 57B). Stay to the right and take the exit ramp for Fair Oaks Mall. Bear left, and turn left at the stop sign. Turn left at the Extended Stay America Hotel. Waterford at Fair Oaks is next to the hotel.

From I-66 East: Take the Rte. 50 West (Exit 57B) to the Fair Oaks Mall ramp (on your left). At the first fork, bear right, then turn right at the stop sign (following signs for "Hecht's - Lord & Taylor"). Proceed counter-clockwise on the ring road around the mall, through one stop sign. Turn right at the Extended Stay America Hotel. Waterford at Fair Oaks is next to the hotel.

From Rte. 50 West: Take the exit ramp (on your left) for Fair Oaks Mall. At the first fork, bear right, then turn right at the stop sign (following signs for "Hecht's - Lord & Taylor"). Proceed counter-clockwise on the ring road around the mall, through one stop sign. Turn right at the Extended Stay America Hotel. Waterford at Fair Oaks is next to the hotel.

From Fairfax County Parkway (Rte. 7100) and Rte. 50 East: Take Rte. 50 East past the West Ox Road exit. Take the next right into the Fair Oaks Mall property. Turn right at the stop sign. Turn right at the Extended Stay America Hotel. Waterford at Fair Oaks is next to the hotel.

Waterford at Fair Oaks

12025 Lee Jackson Memorial Highway, Fairfax, VA 22033
Tel: 703.352.3200

